

Food and Health.

BY DR. J. H. HANFORD.

The relations of cause and effect are often so manifest that we may trace them with but little difficulty; yet but few, comparatively, are willing to acknowledge the influence of our food over our health. It is true, however, as every physiologist must admit, not only that our health is about what we make it, but that it is materially controlled by our diet, more, perhaps, than by any other cause. It follows, then, that while this important influence must be exerted by the quantity of our food, it becomes a religious duty to promote health as a means of increasing our usefulness. We acknowledge these great and fundamental principles in the lower relations of life, and gladly avail ourselves of them in adopting the food to the varying conditions of the body, carefully selecting the appropriate food for the race horse, the canary, the pet poodle, the fancy fowl, the milk cow, and even the filthy swine. If we would increase eggs of our fowls we are too slow to fatten them, while no man is so stupid as to fail to feed his valuable horse, whether a racer or a worker, on muscle-food. Such men easily ascertain what really affords this food in the best possible form and at the cheapest rates, manifesting far more judgment and shrewdness in this matter than they use in the care of themselves, since they know that the horse is worth the cash, and that a neglect might involve pecuniary loss. While it may sometimes be true that the horse is more valuable than his driver, we are generally bound to respect the importance of human health and the value of human life.

In the mechanic arts we necessarily have regard to unvarying principles, seeking the requisite materials for certain products,—the wood, the steel, the copper, and the brass, when such are demanded; and it is equally appropriate, in the preservation of the health, and still more, in the structure of the human body, so to speak that we should not only regard chemical principles, remedial relations and dependencies, but that we should build understandingly, carefully studying the relations of cause and effect. If we would increase the capacity of the muscles, add to their size, firmness and power, we must employ muscle-food, must nourish them. If we would give more vitality to the teeth, and, indeed, all of the bones of the body we can do so only by affording them nutriment. If we would sustain the brain and the nerves, we can do no better than to supply them with their proper aliment. Indeed, if we would develop the body harmoniously, we must nourish it, afford each organ every tissue, its appropriate food.

It is an indisputable fact that in this land of plenty many, are literally starving, simply because vitiated tastes and false customs demand substitutes instead of real food—the carbons and the excitants instead of muscle-food that on which strength, power, endurance, real vital force must ever depend. That was no greater oppression than the Israelites were required to "make bricks without straw," than to demand labor and endurance without supplying the muscles with a generous supply of nitrogenous food. A man may as well attempt to live without air as to expect health and power of his muscles while he deprives them of their true food. Indeed, when men will be careful and as wise in adapting the food of the family to the individual demands and necessities—remembering their relative importance—as they are in the management of the stable or apary, the medical profession will have less patronage. Children reared under such a regimen will have muscle as well as brain, bones and teeth as well as fat, and nerves so natural that neuralgia—the evil spirit of many a house hold and the tormentor of many a frail female—will be the exception instead of the rule. The "coming man" of the era of muscle development will have some of the original man, some of the Nimrod and Methuselah elements in his structure.

This muscle-food is found in its primitive and best forms in the various grains, in the wheat more especially, which abound in the three elements specially demanded, food for the brain and nerves, for the muscles, especially found in the outer crust, while the source of fat and heat is in the central mass of starch, all in that superb article called, "Smith's Crushed White Wheat," and also in the "Superlative Graham." It is not hesitate to say, as a physician, that the use of these preparations (on which, with pure water, one may live long, though a wider range is admissible and best), will do much to improve the general health, and in so doing vastly add to the sum of human happiness, promoting the public morals and add to the term of life.—"Home Guardian."

UNREASONABLE.—A French paper tells this story: X., a man on whom fortune had not smiled, married a rich heiress, Miss D., against the will of her brother, a gentleman in high position. Since his sister's marriage D. will not recognize either the wife or the husband. One day he met X., who came up and offered his hand. "Never!" replied the implacable brother-in-law. "How? You refuse your hand to me?" said the late bridegroom. "I understand why you should not like to speak to your sister, who has made a bad match; but what reason have you for bearing such a grudge against me, since I have made an excellent one?"

What Men Need Wives For.

It is not to sweep the house, make the bed, darn the socks and cook the meals, chiefly that a man needs a wife.

If this is all he needs, hired help can do it cheaper than a wife. If this is all, when a young man calls to see a lady send him into the pantry to taste the bread and cake she has made; send him to inspect needle-work and bed-making; or put a broom in her hand, and send him to witness its use.

Such things are important and the wise young man will quickly look after them; but what the true man wants a wife for is her companionship, sympathy and love.

The way of life has many dreary places in it, and man needs a companion to go with him. A man is sometimes overtaken by misfortune, he meets with failure and defeat; trials and temptations beset him, and he needs some one to stand by and sympathize with him.

He has some hard battles to fight with poverty, enemies and sin; and he needs a woman that, when he puts his arm around her, he feels that he has something to fight for—she will help him to fight; that she will put her lips to his ear and whisper words of counsel, and her hand to his heart and inspire inspiration.

All through life, through storms and through sunshine, conflict and victory; through adverse and through favoring winds, man needs a woman's love.

The heart yearns for it. A sister's or a mother's love will hardly supply the need.

Yet many seek for something further than successful housework. Justly enough, half of these get nothing more, the other half, surprised beyond measure, have gotten more than they sought. Their wives surprise them by bringing out a noble idea in marriage, and disclosing a treasury of courage, sympathy and love.

TO BUSINESS MEN.—Prudence and economy of course are two great lessons to be learned; but as one part of these lessons, which in dull times, is very liable to be forgotten, be sure of one thing: What ever you have to sell there are many people ready to buy, even in the most depressed seasons. Find them out; show them your wares; persuade them to buy of you rather than of another. When buyers are reluctant, sellers must be active. It is neither cheap nor sensible to sit still behind your counter and wait for the bustle of trade to revive. When business is dull, that is the very time when you must need to advertise; and in the second place, that is when people devote most time in reading the newspapers, and when your advertisement consequently is generally most seen. A few dollars thus invested will do more to revive a sluggish business than anything else in the world.

THE ENGLISH POLAR EXPEDITION.—News has been received in England from the polar expedition which sailed early in the summer. Both ships had arrived at Disco, Greenland, after a pleasant voyage, and preparations for pushing forward north were in active progress. During next spring six sledges will start for the pole. One sledge will leave the party and return every week or so, transferring its surplus provisions to the others. When the exploring party is thus reduced to one sledge, that will push on alone and reach the pole by itself. If this is done satisfactorily, and all the surveys are completed, the expedition will be able to return to England during the autumn of 1876.

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THE NEWARK SAVINGS INSTITUTION.
COR. BROAD AND MECHANIC STS.
NEWARK, N. J. June 19, 1875.
The Managers of this Institution have declared a Dividend of three per cent for the past six months, free from State, County and City Taxes, payable at the usual time.
Interest not drawn will itself draw interest as principal from July 1.
Deposits made on or before July 1st draw interest from that date.
Deposits spoken. DAN'L DODD, Pres't, Wm. D. CARTER, Treas'r.

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Bloomfield Savings Institution,
LIBERTY STREET, WEST OF BROAD ST.
This Institution will pay Interest to Depositors, under the provisions of the N. J. Laws, for the three or six months ending June 30th, 1875 at the rate of Six per cent, per annum.
This interest will be carried at once to the credit of Depositors on the first of July, when it will stand exactly as a deposit made on that day; bearing interest for the next six months if not withdrawn. It will be entered on the pass book at any time after the 30th July.
Deposits commence to bear interest on the first day of July, October, January and April, in each year.
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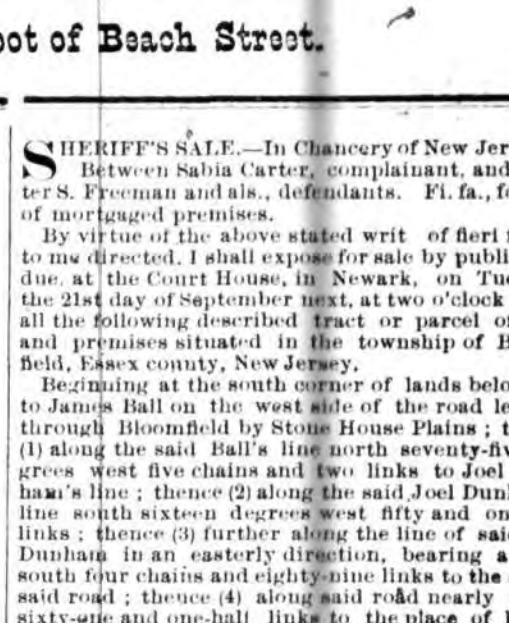
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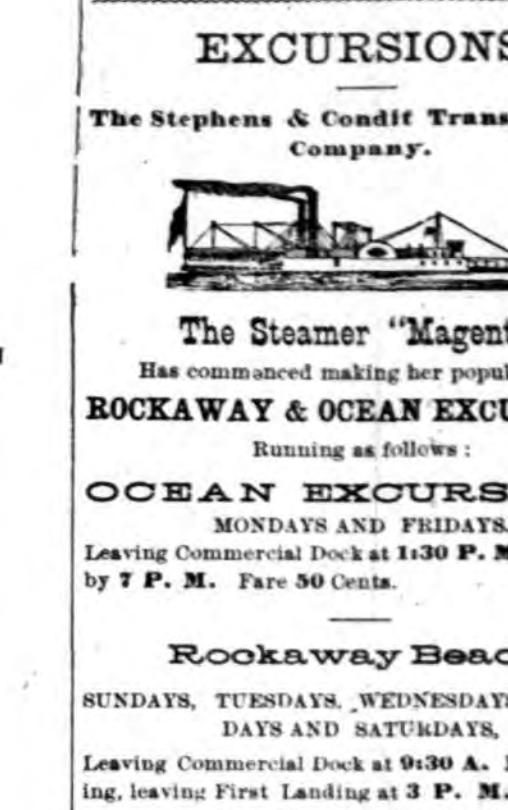
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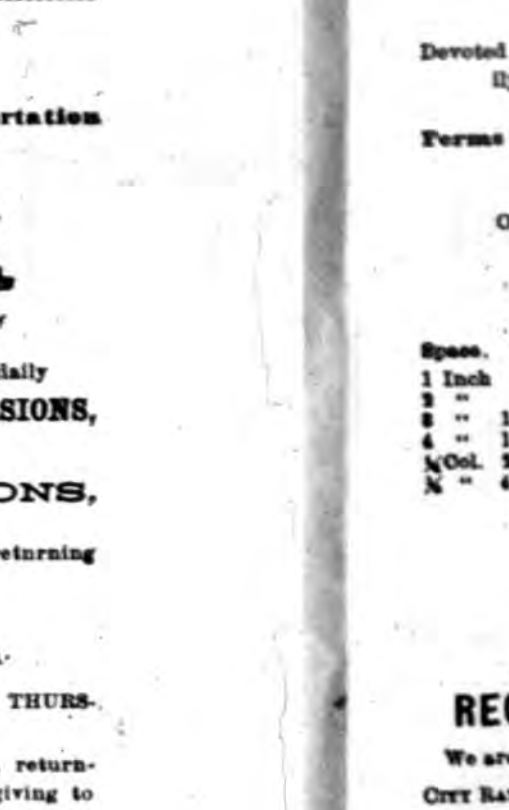
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3 "	75	1.50	2.25	3.00	3.75	4.50	5.25	6.00	6.75	7.50
4 "	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00	9.00	10.00
5 "	1.25	2.50	3.75	5.00	6.25	7.50	8.75	10.00	11.25	12.50
6 "	1.50	3.00	4.50	6.00	7.50	9.00	10.50	12.00	13.50	15.00
7 "	1.75	3.50	5.25	7.00	8.75	10.50	12.25	14.00	15.75	17.50
8 "	2.00	4.00	6.00	8.00	10.00	12.00	14.00	16.00	18.00	20.00
9 "	2.25	4.50	6.75	9.00	11.25	13.50	15.75	18.00	20.25	22.50
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D. Kennedy, D. D. Pastor, Rev. D. Kennedy, D. D.

REVEREND PRESBYTERIAN CHURCH. Rev. D. Kennedy,
D. D. Pastor, Rev. D. Kennedy, D. D. Pastor, Rev.
D. Kennedy, D. D. Pastor, Rev. D. Kennedy, D. D.

REVEREND PRESBYTERIAN CHURCH. Rev. D. Kennedy,
D. D. Pastor, Rev. D. Kennedy, D. D. Pastor, Rev.
D. Kennedy, D. D. Pastor, Rev. D. Kennedy, D. D.

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D. D. Pastor, Rev. D. Kennedy, D. D. Pastor, Rev.
D. Kennedy, D. D. Pastor, Rev. D. Kennedy, D. D.

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D. D. Pastor, Rev. D. Kennedy, D. D. Pastor, Rev.
D. Kennedy, D. D. Pastor, Rev. D. Kennedy, D. D.

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D. Kennedy, D. D. Pastor, Rev. D. Kennedy, D. D.

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D. Kennedy, D. D. Pastor, Rev. D. Kennedy, D. D.

REVEREND PRESBYTERIAN CHURCH. Rev. D. Kennedy,
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